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married life, and pregnancy and labor would have no terrors for them. Labor is a physiological process and if properly managed, the dangers to life are reduced to a minimum. Birth control in New England has practically wiped out the descendants of the Puritans and has replaced them with another race, the Irish. Birth control is also the reason why, in a few more generations, this section of the country will be peopled not by the descendants of the original settlers but by the descendants of the Italians, the Poles, Hungarians and Russians, who no doubt, will make as good citizens as the original settlers or their too few descendants, because they do not violate one of nature's most fundamental laws, and act in accordance with the command given by God to Noah and his sons. "Increase and multiply and fill the earth."

Philadelphia

JOHN F. ROEDERER, M.D.

AN APPEAL: FROM A REST BILLET

If you want to appreciate what Army nursing means at this time, serve a few months in a Cantonment, then be obliged to give it up temporarily—just play you are a "jelly fish" while others are "carrying on." Never a day but you will wish yourself back nor that you don't say, "Even if I am permanently an invalid, it was worth while." Why do you hesitate to enlist? Is it because your parents need you? Didn't the little widow in the next block, who is perhaps taking in washings that her service flag may proudly fly, need her boy? And didn't her boy go, so that your mother and his might be saved from the fate of the Belgian mothers? Are you putting a sister through college? What benefit will that education be to her if the Germans hold the fort? Can it be that the five dollars a day and thoughts of the future rainy day are keeping you? If it is the Kaiser's reign you'll need more than money to see you through. Aside from the feeling of duty and patriotism, there are many other reasons why you will never be sorry if you come into the service now and regret it to the last day of your life if you don't. You have never known such satisfying kind of nursing, you are so needed, professionally and as a friend. Many of the soldiers have never been away from home before and when they are sick, maybe the first time during their busy days in camp, they have had time to be homesick and dwell upon the thoughts of what may be waiting for them "over there." Not that our soldier boys are a blue lot, far from it. I never could imagine a better-natured, more uncomplaining and appreciative crowd than they are. You will be expected to be equally appreciative of their mothers' letters, their best girls' pictures, their fathers' horses, etc., and the dressing of that wound, made by a "four-legged mule," as one boy explained, won't hurt nearly so much if the superiority of his outfit is being discussed. If you have stayed on a little late to give a last hot water bottle or rub an aching back and have heard one boy whisper to his neighbor, "Gee, Buddie, what would we do without the nurses?" don't you think you will be glad you came and proud to belong? But if you don't, what then in after years? "Where was I during the war?" Many will be able to answer satisfactorily, for there is much to be said for the institutional, public health and social service nurses. Are you one of these? If not, won't you think it over and see if, conscientiously, you can refuse to bear your part of the burden for your country's sake, your profession's and your own.

New Mexico

T. B.